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UNITED STATES DEPARTMENT OF AGRICULTURE
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HOMEMAKERS' CHAT THURSDAY, AUGUST 15, 1940.

(FOR BROADCAST USE ONLY)

Subject: "QUESTIONS AND ANSWERS." Information from the Bureau of Home Economics and the Bureau of Animal Industry, U.S. Department of Agriculture.

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Summer-time questions to the U. S. Bureau of Home Economics are apt to be pretty varied. Today's batch is no exception. White cotton stockings, goats' milk, and iced summer beverages- that's the assortment. The first one is from a trained nurse. She brings up a problem that's common to women in any work where it's customary to wear white uniforms- laboratory workers, beauty parlor operators, stewardesses, and many others. She writes:

"I am a trained nurse. You know we have to wear white stockings and white shoes on duty. Buying white silk stockings is not only expensive, but unsatisfactory, because white silk turns yellow after a few washings. And you can't sterilize silk as you can cotton. It seems as if white cotton stockings would be better because of that, and, too, they stay white when you wash them. But all the white cotton stockings I have ever seen were shapeless, thick, and unattractive to wear. What do you suggest?"

This writer should be greatly cheered when she learns what the Bureau of Home Economics has done on nurses' stockings as a part of its project on cotton hosiery. The Bureau specialist, Mr. David Young, has designed 75 different types of full-fashioned cotton hose for women. Very early in these studies he began to work on improving white stockings for nurses' wear.

He developed some lovely sheer, full-fashioned white hose, made of long-staple, American-grown cotton. All the cotton yarn used in them was mercerized to give it greater strength and luster. The hose were knit on the same machines used for high-quality silk stockings.

Then a group of nurses at a Washington hospital cooperated with the Bureau in running a service test on these new white cotton hose. The nurses kept track of the number of times the hose were worn and washed, and other points that make for satisfactory service. Mr. Young, the hosiery designer, was thus able to improve his original designs before they were released to commercial manufacturers.

And now here's the best news of all. One, maybe more, hosiery mills are now making these good-looking, full-fashioned, white cotton hose in the three usual lengths. They will be sold like other stockings at the retail counter. The Government has done its job to make available the designs. There its part ends. It cannot control price or quality. That will depend on the demand from nurses and other women who want an all-white hose that can stand the gaff of boiling and still stay white.

The question about iced summer beverages is from a homemaker who has several children. She writes: "Could you make some suggestions about having a sort of 'milk bar' at home? How much equipment would be necessary?"

A milk bar at home is a very good idea, says the Bureau of Home Economics, especially in the family with children, if it doesn't encourage between-meal eating that spoils the appetite for regular meals. That can be managed, though. And adults, too, like an iced milk drink occasionally.

No expensive equipment is necessary. The main thing is a convenient shelf or table for the milk bar.

Then to be ready for short-order calls, keep a few provisions in your refrigerator. Milk in bottles, or powdered and evaporated milk. Sirup for sweetening. Sirup dissolves faster in a cold liquid than plain sugar. And chocolate sirup, made by adding chocolate or cocoa to plain sugar sirup. However, use chocolate flavor sparingly. It's rich and stimulating. A few drops of vanilla improves chocolate milk drinks. And plain vanilla milk shake is a good drink by itself. When you have vanilla ice cream or whipped cream on hand, a spoonful floating on top of the milk shake makes the drink extra good.

As to equipment, all you need is a good egg beater, a mixing bowl, a screw top jar for a shaker, a supply of straws, and tall thin glasses.

Now we've just about time for a question about goat's milk. A mother writes that the doctor has ordered goats' milk instead of cows' milk for her baby. "Is goats' milk more nourishing than cows' milk?" she asks.

Not more nourishing, but more easily digested. We'll let one of the specialists in the Bureau of Animal Industry supply the answer to her question. He says: "Goats' milk is very similar to milk from Holstein cows in its percentage of water, protein, fat, and milk sugar. It varies from season to season,- that is, winter and summer,- more than cows' milk does. But the fat globules of goats' milk are much smaller than those in milk from either Holstein or Jersey cows, and the curd is softer than the curd of either of the cows' milks. So goats' milk is easily digested. That's why it is sometimes ordered for babies who are not doing well on cows'milk. However, goats' milk is sometimes prescribed because the infant is sensitive to cows' milk.

"All three milks- from goats, Holstein, and Jersey cows,- are deficient in iron and copper. Babies need more iron and copper in small amounts no matter which milk they get. All these milks have about the same amount of vitamin A in their butterfat, the principal source of this vitamin in milk. The goats' milk has a comparatively high rating for vitamins B and G, summer or winter. None of the milks is adequate for vitamin C. So when goats' milk is used for infant feeding, orange juice or tomato juice is needed, just as with cows' milk. When bottled under normal conditions, goats' milk has a comparatively low bacterial count."

That answers all the questions for today. But next week, the specialists of the U.S. Department of Agriculture will have some more questions and answers for you.

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